

Running through the city centre and beautiful local villages is what we love most - and we can't wait to welcome you back!

Half Marathon – 13.1 miles Sunday 1st October, 9am Start: at the Sands centre Finish: at the sheepmount Stadium Finishers medal & t-shirt included!

Sign up online at **better.org.uk/gcr**



Scan to enter



BETTER

Great Cumbrian FAMILY FUN RUNS 2023

FOR OUR FUTURE GREAT CUMBRIAN RUNNERS!

Family Fun Run: 1 mile

Fully accessible to all. $\pounds 8$ including a medal.

10 - 16 year olds run: 3.4 miles £10 including a medal

Date: Sunday 1st October, from 9.15am **Location:** The Sheepmount Stadium



It isn't about Olympic level athletes aiming for a record time. It's about Mums with prams, Dads with toddlers, groups running together, fancy dress, kid's getting active or even raising money for a well-deserved local cause. All runners get a free photo in the kids and adults run included in the price

Sign up online at **better.org.uk/fun-run**

Charity partners:

Eden Valley Hospice









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